

# Healthy Bodies

## A Well-Balanced Diet Is Essential to a Healthy Body



**"Start each day with a healthy breakfast!"**

1. Eat the following every day:
  - ♥ 3-5 servings of Vegetables
  - ♥ 2-4 servings of Fruit
  - ♥ 6-11 servings of Bread, Cereal, or Pasta
  - ♥ 2-3 servings of Protein Foods
  - ♥ 2-3 servings of Dairy Products
2. Eat in moderation- only serve yourself as much as you can eat and stop eating when you feel full.
3. Read the food labels on the products you are buying.
4. Choose healthy snacks instead of ones high in fat, sugar, and empty calories.
5. Learn to monitor your overall caloric intake to ensure you are getting the calories you need.



Kentucky Commission for Children  
with Special Health Care Needs